

100 BALL DRILL

PURPOSE: Eye to hand Coordination.

TEMPO: Slow

ORGANIZATION/SET-UP:

- Start the Drill on 40 Yard Line
- Athlete will get all angles
- 2 to 3 Coaches fire the ball
- Give the ball back to the coach

COACHING POINTS:

1. Proper Stance and Release
2. Take a pic of the football
3. Elbows tight
4. High Ball Chin Up
5. Low Ball Chin Down
6. Pin the Shoulder

